

Home > Spirituality > Kundalini: A Dangerous Energy to Awaken?

Kundalini: A Dangerous Energy to Awaken?



Author - Raj Patel



Binary Tech Byte

July 09, 2023 3 minute read

0



Kundalini is a form of energy that is said to reside in the root chakra, the lowest of the seven energy centers in the human body. According to some traditions, kundalini can be awakened and made to rise through the central channel called sushumna nadi, reaching the crown chakra and leading to a state of enlightenment.



There are specific yogic practices that aim to provoke the kundalini awakening, such as hatha yoga, which includes postures (asanas) like the lotus pose (padmasana), breathing exercises (pranayama) like alternate nostril breathing (anuloma-viloma), and breath retention (kumbhaka). However, these practices are not without risks and should be done with caution and guidance.

Many people who have attempted to awaken their kundalini have reported negative and harmful effects, such as mental instability, physical discomfort, sleeplessness, excessive pressure on the head, inability to work, sensations of crawling or drilling on the spine or forehead, feeling of exploding or dying, and scratching the head like mad. These are some of the symptoms that I have personally experienced and I can tell you that they are very unpleasant and distressing. You will lose your peace of mind and your balance because you will not know how to handle or ground the excess energy. This energy is cosmic and beyond your control. Do not be deceived by fake gurus who claim to teach you how to awaken your kundalini. Use your common sense and do not follow blindly.

Trying to awaken your kundalini is a sign of ego and arrogance. You are not smarter than nature or the universe. They have decided to place the kundalini energy in the root chakra for a reason. Why do you want to go against their will? Kundalini awakening is not a shortcut to spiritual growth, it is a trap. Please stay away from practices that promise to awaken your kundalini. They are more likely to harm you than help you.

I know you don't trust me, but here is a real spiritual guru Osho's speech on kundalini. Please listen carefully.



You don't need to activate your chakras or ascend to the seventh heaven to find God. You only need to awaken to the truth that God is already within you, and you are already within God.

Tags Spirituality

Share:



Facebook



Twitter



Whatsapp



< OLDER

How spirituality became business in India and increase of fake gurus

NEWER >

Why it's not beneficial to chant any mantra for enlightenment

YOU MAY LIKE

Show more

POST A COMMENT

0Comments

Post a Comment (0)

TRANSLATE IN YOUR LANGUAGE

Select Language

Powered by Google Translate

CATEGORIES

Tools

Social

Financial

News

Tech

Health

Spirituality

Songs

FEATURED POST



Binary Tech Byte in Spirituality

How to Control The Mind

June 19, 20230

POPULAR POSTS



Financial

From Gamble to Gain: How Mutual Funds Offer Security Amidst Trading Chaos

By - Binary Tech Byte in May 26, 2023



Mastering MACD: Unleash the Power of this

May 25, 2023

Unconditional Love and Beyond: Revealing the

May 26, 2023

Tech News

June 29, 2023

Rediscover Arijit Singh's Magic in a Unique Way:

June 28, 2023

TOOLS

PDF Tools

(24)

Age Calculator

(1)

Remove Watermark From Image/Video

(1)

SONG COLLECTIONS

Arijit Singh Lofi Songs

July 2023

15

June 2023

77

May 2023

17

Home

About

Contact us

Privacy Policy

Disclaimer

Design by - Blogger Templates | Raj Patel